



# Newsletter – Winter Issue

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## THIS MONTH:-

Our first newsletter –  
A warm welcome

New Website -

[www.barberorthodontics.com.au](http://www.barberorthodontics.com.au)

Tax rebates for orthodontic  
expenses

Meet Kate –

Our youngest and newest  
addition to our family

Braces Recipe -

Yummy pumpkin soup



## Our First Newsletter

*A big hello and warm welcome to our very first newsletter...*

*Each quarter we will release a new issue for you, our extended family. It will be a great way for us to let you know about any exciting news within our practice. We will keep you up to date with the latest orthodontic news and tips. You can also log onto our website and request our newsletter be emailed to you.*

## New Website

Pst... Have you heard the news?  
Our new website is up and running...  
**[www.barberorthodontics.com.au](http://www.barberorthodontics.com.au)**

Brace yourself and check out our exciting new website. It has loads of information about our practice and services. You will be able to download information sheets and keep up to date with the very latest orthodontic news. Our new website is also jam packed with fun!! Don't forget to check out our Kids Zone. Kids Zone has heaps of fun games including a braces colour picker. So why not jump online and pick your next colour combination.

Parents we have not forgotten about you. Soon you will be able to log on to a secure webpage and view appointments and account information.

We hope that you find our new website helpful. We value all your feedback, so feel free to drop us an email with any suggestions.



## Tax rebates for orthodontic expenses



Well it is that time of year again folks... Tax Time...

Did you know that you are entitled to a tax rebate for net medical expenses over \$1,500? Net medical expenses are your family's total medical expenses less any funds you got from Medicare or private health fund.

If you think that your family would be eligible for a rebate and you would like details of the orthodontic fees you have paid in the current tax year, we can provide you with a written record.

## Introducing...

### MEET KATE

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Each month we will be featuring one of our team. This month we would like to introduce Kate...

Kate is the youngest and newest addition to our family. She has worked with our team since June 2008. Kate is currently completing her certificate III in Dental Assisting and will be graduating in June 2009.

So Kate, tell us a little about yourself...

I live at home with my parents and my dog Hugo. I have two older brothers. My star sign is Pisces and my favorite colour is pink. I love to shop in my spare time and my weakness is shoes. I am a shoe-a-holic! My favorite food is chocolate. I love listening to the Pussycat Dolls and totally loved their concert. My favorite movie of all time is "The Green Mile"

I really love working as an orthodontic dental assistant because I get to meet and work with new people everyday.

## This month's braces recipe

We understand that your teeth may feel a little tender in the early days of your treatment and after adjustments. Check out our up and coming newsletters for our favorite recipes to get you through.

### Creamy pumpkin soup

#### *Ingredients*

- 750g pumpkin, chopped and peeled
- 500g parsnips, chopped and peeled
- 1 brown onion, chopped
- ½ clove of garlic, finely chopped
- 1 litre chicken stock
- 2 tablespoons olive oil
- ½ cup extra light sour cream
- Salt and pepper to season



#### *Cooking method*

1. In a large saucepan heat oil over a medium heat
2. Combine onion and garlic, simmer for 2-3 minutes
3. Add pumpkin and parsnips and cook for a further 3 minutes, stir.
4. Reduce heat to low and stir in stock. Cover and simmer for 30 minutes or until veggies are very soft. Set aside for 5 minutes.
5. Blend soup in small batches until smooth. Return to pan and stir over medium heat until almost boiling. Add salt & pepper to taste
6. Serve soup in large bowls & top with sour cream. Enjoy

